# \* DAILY MAGAZINE PAGES FOR EVERYBODY\*

Secrets of Health and Happiness

## What Causes Old Age; How You Can Avoid It-

By DR. LEONARD KEENE HIRSHBERG

causes an excess of thyroid, pincal, ad

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Answers to Health

Questions

R. L. P .- 1. Can you tell me any way

to eliminate all the uric acid from the

system? 2. I've been told to live en-

1. No. If you wish to be murdered the best way is to take something to get rid of all your uric acid! Uric acid is as necessary as your saliva. Forget this antiquated fallacy. 2. You can die on an exclusive milk diet, but you cannot live on it.

Enthusiastic Disciple—I have a half-tired feeling in my limbs upon arising which wears off usually later in the

equivalent to a proposal of marriage. If you think he cares for you and you care for him, forget all about any other

girl or girls who might have shared his friendship before and don't fet unless

V. M.—If you feel that you were in the wrong in the quarrel, apologize to him and try to make up. But, rest assured, if he really cares for you, he will not let a silly quarrel over a silly matter come between you. And why squable, anyway? It is so futile. Why didn't you say to him: "Let s take a little walk this evening or so to a mo-

little walk this evening or go to a mo-tion picture show. I don't half get a chance to talk to you at home, because brother absorbs all your time?" He would have been flattered to death. Try that way next time instead of fuss-

May-Dear little mother, worrying

May—Dear little mother, worrying about the future and happiness of her girls. I suppose, my friend, nearly all girls go through a stage when they think they should be allowed to do every foolish thing and resent any control. They will outgrow it, probably none the worse for their experiences, but meanwhile it is hard on an any control.

but, meanwhile, it is hard on an anxious

mother. I believe in telling girls the reason for not allowing them to do cer-tain things and in appealing to their affection and their sense of fairness.

Don't forbid too many things. Allow them to have as many simple pelasures as they can and then, when you do say "No" they will know that you mean it,

to you than some foolish forbidding pleasure. If you want to do anything very badly, stop for a minute and think, If it will make her miserable, surely it isn't worth while.

L E.-If it is simply a question of liking," of friendship, between you

another engagement sometimes, when he calls, and remember that men of his

type are attracted by the unattainable. Don't let yourself fall in love with a butterfly man, who flits from flower to flower. And if he showns any signs of

gives you real cause to worry.

tirely on milk.

A. B., M. A., M. D. (Johns Hopkins) IKE most things which everybody believes the silly platitude "when age is in, the wit is out," is not

If there is anything which makes people madder than a wet hen oftener than to wake them from their herished dreams, it is unknown to humble me.

Age, like financial pre-eminence and eminent position, not proof against errors. Nor is it true that manhood, when it verges into age, grows more thoughtful. The contrary is the truth. The more thoughts a man learns the younger he becomes.

Years do not make age, because time, according to psychology, is only a relative matter. It depends only on changes inside of you and me, not outside of us.

The swing of the pendulum, the tick of the clock, the revolution of the earth do not make time. These things DR. HIRSHBERG. move relatively to human life.

Substance of What Time Is Made.

Pale, withered hands, weazened, trem-sling bodies may come at any time, ac-ording to your appearty yourself and when these anti-vice scribes and pharibling bodies may come at any time, according to your ancestry, yourself and cording to your ancestry, yourself and your curroundings. The minutes, days, mented, terrorized and inquisitioned they feel themselves unappreciated.

This emotion strain and irritation dents-you are the substance of which

There can be no finer heritage than tissues trained to a long career. Justly proud may be any man who can point ing and general decay. This old age is luckly independent of the flight of years. passed beyond this life only when over eighty annual thresholds. Time fleeting in its hurried gait stamps

not wrinkles or decay upon any man. Tis blasts, distempers, appetites and excesses of you, yourself, and your for-To prevent old age, then, is not to

stem the tide of years. It is not the attempt to thwart nature's panoramic changes of going nights and coming

To draw on futurity, to steal a march on age, to forestail the drying up of the blood and the cloyed appetites you must begin at twenty.

Early to bed, rather than early to rise see among the greatest essentials to a long life. An outdoor life, full of sunlight, enthusiasm, and fresh air sports is necessary, but swimming, golding, and another exercise will be futile if early hours of good recuperating rest are not among the requisites.

Knowledge at Hand.

The knowledge of how to postpone old age is like the knowledge of how to prevent typhoid, diphtheria, and smallpox teady at hand. It is only a question of using this knowledge.

Plain food, uncontaminated with con-

Piain food, uncontaminated with condiments, is imperative as a senile prophylactic.

A rigid regimen in the way of calm deliberate mental habits is among the life-long disciplines of absorbing necessity to a hundred years of youth. If there is anything which contributes more to the fruition of a youthful five score of years than the avoidance of excessive exercise, excessive eating, excessive exercise, excessive eating, excessive wakefulness, and the excesses of ravaging infectious disorders, it is emotional strain, passion and outburst for roaders of this paper on medical,

of ravaging infectious disorders, it is emotional strain, passion and outburst of sentimentality.

One of these aging, irritating things which gives wrinkly, sour faces to many proud people who think themselves good is the reniency of human nature and the law to certain seeming sins.

Dr. Hirshberg will answer questions for roaders of this paper on medical, hygienic and sanitation subjects that are of general interest. He will not undertake to prescribe or offer advice for individual cases. Where the subject is not of general interest letters will be answered personally if a stamped and address all

Many ascetic persons, who consider dressed envelope is exclosed. Address all themselves very good and strait-laced, inquiries to Dr. L. K. Hirshborg, care shrivel themselves up into premature this office.

I am clmost seventeen years old and am going to boarding school, and

because I do not care to go around

with fellows they call me proud— which I am not. One night a fellow asked to come

home with me, and I let him come; he stayed antil I thought he would never go home, and when he did he

Later I was with a bunch of girls, and some fellows came up to us and wanted to take us home. This fellow

was one of them, and I would not let

him bring me home. The giris got angry and will not speak, and now

I have no girls to run around with till I go back to school. What could I do to gain their friendship, or do

Do you think it was very nice for a fellow to do what he did?

Please answer right away, as I want your advice. R. E. H.

WOULDN'T do a thing, little R. E. H.

-not a single thing. If the girls are

going to "get mad" as easily as that,

and dor't want to speak to you be-

cause you have sense enough to know

your own mind, why, let them go, they

and their hobble-de-hoy beaux. What

The boy you speak of probably thinks

'le was just trying you, to find out what sort of girl you really were. Now he sort of girl you really were. Now he knows-and likes you a thousand times

If he wants to take you home again,

my yes, and notice how much better he

to deceive you? Those are questions

ou will have to think out and decide

for yourself, before he comes to see you.

Before you take it for granted that he

Forgiveness is a seautiful thing, try for a while, but remember that real

dyed-in-the-wool untrustworthiness is the hardest fault in the world to cure,

the hardest to forgive and the one most

better than he did before

will behave this time.

do you want with them, anyway?

gan to cry: he was sorry then.

you think it worth while"

want your advice.

me in his arms and kissed

thought that terrible and be-

Dear Annie Laurie:

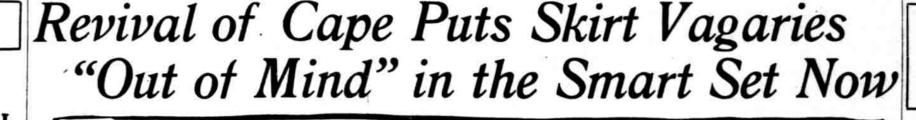
Advice to Girls

By ANNIE LAURIE.

The boy you speak of probably thinks you have more sense in your little ringer than the whole crowd of them have in their whole bodies put together. No, I do not think it was very nice for him to act as he d'd, but I do think that you were very sensible yourself, and I haven't a doubt that he thinks so, too.

"No" they will know that you mean it, and that there is a very good reason for it. Try to persuade the girls to come to mother with their troubles and their perplexities. Usually they don't know what a good comrade and confidence a mother can be. To the girls direct I want to say: Stick by mother, girls, haven't a doubt that he thinks so, too.

willfully told an untruth, hear what he has to say. Don't be angry and fussy, but ask an explanation. It is your right. Then if he did deceiv, you'll have to make up your mind hat te do about it. For invariant in the control of the





leviating information that it is "HERE.

The cape has been coming for some time. First, we saw pictures of it; then heard that it was being worn here and there; it had come to America; it has appeared in the stores, and now it is HERE.

By that-is meant that it has openly made its appearance in large flocks in America and on the Continent. When the majority of the fashion plates at Ascot appear in the same general style of garments the sured and follow in their wake, for verily, verily is such a style vouched for by the most unimpeachable of authority.

The feature of this year's fashion despite the claim of the shadow, the slit, and the nothing at all skirt, to fame, is without doubt the renaissance of the cape. Everyone who is at all smart should be provided with one. They are of a remarkable variety of shape size and color. Some scarcely reach the waist in the front, although this species are invariably longer in the back; others nearly touch the ground; some are long at the sides with a short fitted vest of some other material, while still others are merely held to the figure by plaid straps of silk or

The material of the capes themselves runs from fine face cloth to the richest kind of brocades. The lining is rich in any event, flowered chiffons enjoying a wide vogue.

scarves of chiffon.

As a rule the cape has a collar and revers of the material of the lining. Outstanding Medici collars or square cut Tudor shapes are a great relief to the sombreness of the much worn black satin cape. The Spanish cape is put onto a yoke in full folds, and is designed to be worn either falling loose and open in front, or with one end of the right side of the mantle flung over the left shoulder. This yoke is often made of some decorated material. In one Ascot c pe of green and gold shot taffetas, the

yoke was of gold lace. Every where at Ascot there was wonderful variety. Almost any material is allowed for the enveloping nuntle

But after all. Ascot is very far and the popularity with away. which they are taken up, at the beaches and mountain resorts this summer will gauge their vogue in the fall, whether the shops are full

### :: Word Origins ::

A dun took its name from a celerated bailiff of London during the reign Will behave this time.

You did right: now don't spoil it all by wishing you had done wrong.

Heart Broken Lassie—Do you care enough for your flance to forgive him for deceiving you? And did he really intend to don't let him be too sure of you, have any don't let him be too sure of you. of Henry VII, named Joe Dunn. He was gret, for it hardly contains a single extremely clever in devising ways and good listener.—Fontenelle.

experiment in an effort to do away with sachusetts to supply 16,000 feet of the pain of surgical operations. Opium film for use in the State building at and many other drugs had been tried the Panama Exposition, and negotiato with more or less success. In execu-tions are now nearing completion tions by crucifixion, vinegar and gall or with two other of the largest States

ment he needs. I am assuming that your girl friend is right in what she tells you about your friend, but you should judge for yourself and not be guided entirely by what she says. your girl friend is right in what she tells you about your friend, but you should judge for yourself and not be guided entirely by what she says.

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Mildred—If you really love the man you speak of and can trust him, then marry him. No one else can make up your mind for you. It is you who will have to decide, if he has been paying attention to other girls and if so, how inquiry on subjects of feminine intermuch he means by them. Some men are always doing nice little things for girls just from habit and with others girls just from habit and with others columns. They should be addressed to Q's was equivalent to a reminder that her, care this office.

rocks so much talked about in Paris, and the openings, was put on exhibition in one of the store windows. It was a dainty, modest frock, made of white organd, with a sort of kerchief drapery on the bodice, and long sleeves and a full, bouffant skirt that ended seven or eight inches from the floor The pantalettes were gathered into a band about the ankles, and ended with a tiny lace frill above the white stocks. There were black strapped slips. On an old-fashioned chair nearwas a stiff little bouquet of artificial flowers, edged with lace-quite like the kind carried by our grand-mothers. Over the back of the chair hung a pair of lace mitts. A hat that suggested the lines of the poke bonnet, but that was nevertheless the very but that was, nevertheless, the very newest thing from Paris, stood nearby and on the floor was an open parasol of black and white not much larger than a carriage parasol—just the sort women shaded their eyes with when their skirts ballooned about them. Of course, there was an interested rowd about the window. Women, and nen too, elbowed each other to view

the wonder.
'Must we all wear those?" queried Must we all wear those?" queried one middle-aged woman seriously.

A moment later two other women found their way to the glass.
"What does it all mean?" asked one.
"Oh, you know, it's historic. You know the period—sort of civil war dress. It's funny to give window space to

Those who knew smiled at the comments they heard. Historic? Perhaps. But it is making the history of the fu-ture; it is no part of the history of the past, this little frock with the pan-

### :: Words of Wisdom ::

unaffected of every country resemble each other. - Gold-

The truly great man is as apt to for give as his power is able to revenge.-Sir P. Sidney.

If Satan ever laughs it must be a hypocrites; they are the greatest dupes he has.—Colton.

How many people live on the reputathe reputation they might have made.-Holmes.

Whose escapes a duty avoids a gain. -Theodore Parker. If we cannot live so as to be happy, let us at least live so as to deserve hap

piness.-Fichte.

shment of evil .- Swedenborg. Just as you are pleased at finding

perfections.-Lavater. I shall leave the world without re

faults, you are displeased at

### To Film Massachusetts! The Edison Company has just ob-

tained the initial order from the board Chloroform was the result of ages of of Panama-Pacific managers for Masmyrrh were given to the virtim to stupefy him. In this country to furnish a similar service. These films are to be of historical interest, and some will State institutions and activities. The films, which are to be especially made for the occasion, will run for forty

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### ANSWERS TO QUERIES SENT BY READERS TO The Times Question Box

BE A BUSY WOMAN

THE NEXT FEW WEEKS

New Mutual Officers.

At the annual meeting of the stock

holders of the Mutual Film Corporation

held in Richmond, Va., on June 17, five

directors were elected. The outgoing

E. Kahn, George W. Hall, Wilbert Shallenberger, and Addison E. Jones, were unanimously re-elected for terms

were unanimously re-elected for terms of three years each.

At the same meeting the officers were unanimously re-elected as follows: President and general manager, H. E. Aitken; first vice president and treasurer, C. J. Hite; second vice president, John R. Freuler, and secretary, E. L. Thomas. After the meeting, President aitken announced the appointment of

Aitken announced the appointment of James N. Naulty as third vice president

Corbett Disappoints.

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directors, Crawford Livingston, Felix

G. L. Lloyd-In croquet, a rover can pointees from the applicants. The next only play once off each ball in the same appointments will be made May 1, 1915.

If you are anxious for immediate emonly play once off each ball in the same turn. After he has hit each of the other ployment, why not try to obtain wor cleaning in some of the private offic buildings in town. three balls once, he must wait until all the other players have had their turn before being able to hit them again.

L. T .- Providence Hospital, Garfield Hospital, George Washington University Hospital, and Georgetown University Hospital are all of recognized standing. and at any one you could obtain the treatment you desire. Of course, Providence and Garfield have fewer students than the university hospitals.

James Stoutenburg-What ten novels

rank first? That is an impossible question to answer, for out of the hundreds of books recognized as belonging to the first rank, it is purely a question of personal preference which ten you prefer. Eugene Sue's "Wandering Jew," Victor Hugo's "Les Miserables" and "Notre Dame," Thackeray's "Vanity Fair," Dickens "Tale of Two Cities" and "David Copperfield," Hawthorne's and "David Copperfield," Hawthorne's and "David Copperfield," Hawthorne's "Scarlet Letter," Tolstoy's "Anna Karenina" and "Resurrection." George Ellot's "Mill on the Floss" and "Romola, "Scott's "Ivanhoe," and Dumas "Three Musketeers" are a few novels of recognized standing, but at least a dozen lists of equal strength and merit could lists of equal strength and merit could by stood watching the fighter intently oblivious for several minutes, absolutely oblivious for several minutes, absolutely oblivious for several minutes.

is made.

Mary L. Fox—Mourning is becoming more and more a matter of personal preference, and the stern rules that used to govern the length of time it need be worn are no longer followed. It is considered the correct thing for a wildow to wear mourning for two years, a veil for the first six months, after that black and white, gray or violet are permissible. It is proper to play a grafanola as soon after a death as the bereaved family feel that they care to hear it. The saner idea of modern times is that people in trouble need diversion, and that the old way of shutting those in trouble away from the world with nothing to do but brood over their grief is barbarous. over their grief is barbarous.

Old Subscriber-The information you desire with regard to the income tax law is too detailed and would require too much room to publish in this de-partment. If you will writet to the Treasury Department they will be glad o supply you with the desired informa-

A Reader-The cleaners in the Gov-ernment buildings come under the head of "Unskilled Labor," and the appoint-ments are mediaments are made once each year on the ist day of May. It is necessary to go in person on that day, and it should be very early in the morning, to the Civil Service Commission, 17:4 F street northwest, to secure an application blas which is then filled in and handed

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### Do You Have a Weekly Stock Taking?

By MRS. CHRISTINE FREDERICK.

did not know what I meant. "Stock taking of what?" she asked in a surprisedway. "I house-clean twice a year. Is that what you mean?" "No," I replied. "Do you have the regular habit of looking over what supplies you have in kitchen or pantry once a week, or at some other definite time?"

I have no definite figures, but I feel sure from talks and letters with women that far too many housekeepers do not have definite times to look over and check up supplies. There is not an institution run-

ning, either a hotel, or boarding house or hospital which does not have strict stock - taking in various departments generally

"on hand," and what is "out." The pity is that so many of us find ourselves "out" unexpectedly, and have to altar our menu or suffer some positive inconvenience because there isnt another egg in the pantry, another can of peas, or a box of matches.

The more scientific way is to keep records that will show how much of a certain article is used weekly. For instance, it may be that four pounds of sugar is the average amount, one pound of coffee, eight pounds of flour, three bars of soap. With these average amounts before

one, it is much easier to buy in quantity or to buy intelligently, based on actual fact. If four pounds of sugar are used regularly every week, a 35-pound bag will last six weeks, and if there is space for it, it would be much wiser to have this amount on hand than to buy little three-pound bags and constantly run

the danger of being "out."
In order to help the housewife take stock easily, she should have a list of every article or material which she must have a suppy-

of which she must have a suppy—flour, soap, matches, toilet paper, etc., etc. Then the once a week stock taking need only be a checking up of this list with the supply on hand at the time, noting what quantities are low, etc.

A still more scientific way is to have a separate card for each regularly used article, especially in canned goods or similar products? Then when a can, say, of peas is used, that can be checked off on the canned goods card so that it is never necessary for the housewife to even look and rummage sround the actual goods; it is only necessary for her to look at the written records, just as business men do in regard to their work. Some one has said that the "handling of supplies" is a fine art, and it is perfectly true that in many homes too little care is given both to the storage of supplier is a storage of supplier. is a fine art, and it is perfectly true that in many homes too little care is given both to the storage of supplies and to scientific buying of the same. Taking stock of the pantry and other supplies weekly means economy because it enables more wholesale and accurate buying. The little time it means to take stock is saved by the many times we are prevented from being out of a certain article unexpectedly, and assures us more scientific housekeeping. (Copyright, 1914, by Mrs. Christina.

(Copyright, 1914, by Mrs. Christine Frederick.)

Linen dust coats for women are very plain, useful-looking garments.

Many shades of green and greenish grays are seen in dress materials.

The neck cord fastens to the simple white blouse is an attractive and new feature.

Smocked dresses are in vogue again for little girls, and nothing could be

Eggshell crepe nightgowns are trim-ned with flat bands of blue and white

Small Panama hats are trimmed with scarfs of heavy white chiffon or rich-ly colored ribbon.

Crepe de chine blouses have chemi-settes, collars and bands of hemstitched Paris muslin.

Gray and white crasjule mesh lace is used with bright-colored taffeta for

White doeskin gloves, hand-stitched with black, are an English fashion just introduced.

Colored handkerchief linen dresses

Heavier textured sating are coming

Tarpaulin is one of the most striking things seen on hats.

Taffeta suits are wonderfully con

Imported golfine is much used for

enient for semi-dress affairs.

omen's sports coats.

### Style Tips

With the tailored suit the waist is necklaces of all colors are much in ilmost always a simple blouse.

Young girls' white liner, frocks are sometimes scalloped in color.

New automobile vells have one edge lighter colored than the other. The seuson's handbags are made

armonize with summer frocks.

White organdles are trimmed ruchings of dark blue taffets. Many of the summer silks are actual y lighter than cotton materials.

Young girls are wearing the sweet pea shades and older women choose the deeper colors.

Thin sheer materials call for class-ical treatment when they are chosen wedding gowns.

Velvet crowned, ostrich-trimmed hats are said to be the next millinery change which Paris will favor. For women going north for their holiday, the cloth suit is an indispensable part of the wardrobe.

Figured crepe de chine biouses make delightful change.

White serge suits are enlivened by ouch of brilliant color.

This season there is even more lati-ude than usual in the choice of a wed-The cape with sleeves is a treasure for the traveler. The collar of the cape imparts the note of distinction to this White net frocks are best for ho

The broad black sailor, smartly trimmed with white, is in high favor for ordinary wear, and especially for traveather dress occasions. Long strings of jet are laborate evening gowns.

White taffeta and organdle together for lingerie frocks. are in great demand.

Black is going to be in extraordinary favor for day and evening. on for evening wear. The latest fashlons for dresse Some of the new blouses in them and fitted girldles.

Burnt banana and green apple are Long kimono sleeves, tapering to the wrist, are as popular as ever. among the new colors Parasols to match one's costumes are feature of the season. The medici collar, in its modern form

has lost much of its firmness Smart suits for little girls checked skirts and plain white serge

Stockinet silk con now be bought by the yard by women who like to have their undergarments made at home.

Semi-long afternoon wraps of plain and flowered silk are a Parisian fancy. Little walking hats of black straw are exactly like berettas.

Waistcoats of while pique, fastened with pearl buttons, are fashlonable. All tones of yellow, especially maize, are in favor for separate blouses.

Coat chains have gone out, but bead

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